

Lancaster County Impact At-A-Glance



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“As a result of these lessons, I switched to low-fat dairy options, check nutrition labels before purchasing, exercise 30 minutes each day, plan meals and use a shopping list.”
—Iman, NEP participant

The Nutrition Education Program (NEP) equips limited-resource families to live healthier lives through classes and policy, system and environmental (PSE) initiatives. In 2024, NEP in Lancaster County taught nearly 5,500 adults and 7,700 youth. NEP fostered 51 PSE changes that increased health accessibility and affordability. Programs like Nutrition for Hypertension at the Good Neighbor Center, pictured above, taught in Arabic for new Americans, blend cultural traditions with practical skills to navigate new food and health systems to increase health and reduce chronic disease.

The Nutrition Education Program is funded by USDA's Supplemental Nutrition Assistance Program – Education (SNAP-Ed) and Expanded Food & Nutrition Education Program (EFNEP).

Programs At-A-Glance

- *Childcare Provider Professional Development (PD): 2,355 people benefited from 421 hours of PD by Extension, learning to better manage stress and facilitate best practices in child development.*
- *Soil Health and Cover Crops Field Day: 75 attendees learned initial results of an ongoing research project focused on interseeding cover crops into corn with a high clearance machine before harvest.*

\$772,431

is the value of 24,861 hours of service given by 2,226 Extension volunteers.

34,177

youth engaged in 4-H programs through clubs, workshops, schools, and community sites.

15,000+

questions were answered by horticulture, entomology and water experts (via emails, phone calls and walk-ins).



**STRENGTHEN NEBRASKA
AGRICULTURE & FOOD
SYSTEMS**

**INSPIRE NEBRASKANS &
THEIR COMMUNITIES**

**ENHANCE THE HEALTH & WELLBEING
OF ALL NEBRASKANS**